

# Hawaii MARINE SPORTS

Hawaii Marine C Section

October 18, 2002

## It's all about muscles, form, physique

**Story and Photos by  
Sgt. Alexis R. Mulero**  
*Combat Correspondent*

The Officers Club at Hickam Air Force Base was the backdrop for a competition to determine which men and women had the most stunning and well-sculpted bodies in the Department of Defense Saturday.

The 2002 Armed Forces Invitational Bodybuilding Championship is only the second competition of this magnitude offered by a branch of service on Oahu to all active duty service members, their spouses, armed forces reserve, guard or retired in the local area.

"Bodybuilding is a sport that has grown in recent years," said B. J. Bentley, fitness coordinator at the Hickam Fitness Center. "There was only one competition afforded for service members in Hawaii. I wanted to add another competition to give



(Left to Right) Army Staff Sgt. Timothy Kilow, stationed at Osan Army Base Korea, won the men's middleweight division and the men's overall; Army Sgt. James Cleveland Jr., stationed at Schofield Barracks, won the men's heavyweight division; and Lorri Jaquez, a family member from Tripler Army Medical Center, won the women's heavyweight division, best poser and women's overall categories. All three competed at the 2002 Armed Forces Invitational Bodybuilding Championship held at Hickam Air Force Base Saturday.

service members more experience to prepare for national level competitions."

The night was split into two halves. The first half included

the men and women's lightweight division and men's middleweight division.

Mike Edgbalick, an Air Force captain, was victorious in the

men's lightweight division, and Pamela Peestrip, an Air Force major who was participating in her second competition and who has been training for less

than six months, won the women's. The men's middleweight division was won by bodybuilding competition veteran Timothy Kilow, a soldier who is stationed at Osan, Korea. He has been working out for more than five years and hopes to turn professional in the future.

After a 20-minute intermission, both the competitors and guests received a very special treat in that Mr. USA, Troy Alves, the 2002 National USA Bodybuilding and Fitness Heavyweight Champion, and Debbie Bullman, Miss Waikiki Fitness Champ and Hawaii's "Strongest Woman," showcased

See **BODYBUILDING**, C-3

## Former marathon champ selected as All-Marine coach for 2003 race

**Cpl. Jason E. Miller**  
*Combat Correspondent*

Retired Marine Gunnery Sgt. Farley Simon, formerly of MCB Hawaii, Kaneohe Bay, was recently selected to become the coach of the All-Marine Marathon running team after his performance in winning the Marine Corps Marathon in 2001.

Simon, who worked as a reproduction specialist and drill instructor, among other billets while in the Marine Corps, has competed in several Marine Corps marathons, and won the event in 1983 and 2001.

"I'm not going to try and win the marathon myself this year," said Simon. "My job now is to prepare the Marine Corps team to win the Challenge Cup and help them become the armed forces marathon champions."

Gunnery Sgt. Simon will rely on his decades of running experience to train the Marines to reach their ultimate potential.

His weekly training regimen encompassed more than 100 miles of running and strict dietary discipline to help him win the two marathons.

"I didn't compete in high school. I wasn't really competitive at all until I entered the Marine Corps in 1979," said Simon. "The Corps holds its standards for physical fitness very high. The Marines pushed me to further my fitness and limits to another level."

The 28th Annual Marine Corps Marathon is scheduled to take place Oct. 26, 2003, in Arlington, Va. The 26-mile course starts and ends at the Marine Corps Memorial.

Sixteen thousand runners are expected compete in the event.

"I feel the need to represent the Marine Corps," said Simon. "I would love to prepare another Marine to win the marathon."

"I need to pass that on."



USMC Photo

Retired Marine Gunnery Sgt. Farley Simon won the Marine Corps Marathon in 2001, and he was selected to be the coach of the All-Marine Marathon running team for the 2003 marathon scheduled for Oct. 26.

## Plenty sports dominate K-Bay

**Cpl. Jason E. Miller**  
*Combat Correspondent*

Any Marine or Sailor stationed aboard MCB Hawaii, Kaneohe Bay, who says there's nothing to do after work but sit in the barracks and play video games all afternoon, simply has not been paying attention.

They often need to look no further than out their own doors for a wide variety of sporting activities that cater to the interests of most individuals interested in playing.

In the last year alone, Marine Corps Community Services has started several new programs to help keep Marines, Sailors and family members in shape and out of the house for an evening or weekend of organized sports, including the new Intramural Tackle Football League.

"Football is going really well so far," said Jo Au, intramural sports coordinator for MCB Hawaii, Kaneohe Bay. "We're really happy with the response we've received from the units and the turnouts from spectators at the games."

Recently, the base winter softball league began, and for the first time in a number of years, a base intramural baseball league is scheduled to begin this winter.

Base residents are encouraged to attend sporting events to support their teams and units.

Even if a service member or family member is not interested in playing any of the base sports, spending an evening watching Marines and Sailors battle it out on the playing field guarantees to be entertaining.

Other sporting activities aboard the base include the bowling at the K-Bay Lanes, weight lifting at the Semper Fit Center, wakeboarding, kayaking and many others.

Initiative and a little spare time is all it takes.

## 2002 Kalinka Cup qualifying goes this weekend at Klipper

**Hawaii Marine Staff**  
*Press Release*

The deadline for registering to qualify for the 2002 Kalinka Cup at the Kaneohe Klipper Golf Course is tomorrow at 5:45 a.m.

The first tee time of the first round

will be at 6:15 a.m., and the second round will begin at noon.

Sunday's final round of the competition starts at 8:15 a.m. The Hawaii All-Marine team will be determined immediately after play.

Six team members will be selected, along with two alternates, from the fin-

ishers. The eight lowest-scoring players from the Kalinka tournament will make up the Hawaii All-Marine team, and will compete against Army, Navy and Air Force teams in a Ryder Cup format competition, near the end of the year.

The Kalinka qualifier will be 54 holes,

and in the event of a tie, a sudden death playoff will determine the winner.

Active duty, male amateur Marines and Sailors who are stationed aboard MCB Hawaii and have a handicap of 10 or less are eligible.

Sign up at the Kaneohe Klipper Golf Course Pro Shop.



# BASE SPORTS

**Debbie Robbins**  
MCCS Public Relations

**Gear Up with the Right Gear**  
Whether it's in preparation for a marathon or to lead a healthier life, getting in shape requires you to get the right gear.  
But, where do you start? A good choice is with your feet.  
All base patrons are invited to attend the Nike Shoe Clinic in the Marine Corps Exchange's Shoe Department Sunday, from 11 a.m. - 3 p.m. Customers may meet and receive athletic shoe advice from Nike representatives.  
Guests may also save 20 percent off any pair of Nike shoes (does not include clearance items). For more information, call 254-7522.

**Turkey Shoot Runs Nov. 2**  
The Base Marina and the K-Bay Rod & Gun Club will present the 5th Annual Turkey Shoot, Nov. 2.

Registration begins at 7:30 a.m., and the archery tourney kicks off at 8:30 a.m.  
The Turkey Shoot is comprised of three categories to include juniors (15 and under), compound bow and traditional bow.  
The K-Bay Rod & Gun Club will provide participants and guests with a free barbecue lunch. Participants will also have a chance to win many great prizes, and there will be free introductory archery instructions for spectators.  
For more information, call the Base Marina at 254-7666.

**SM&SP Offers Discounts**  
Take advantage of the benefits the Single Marine and Sailor Program has to offer.  
The Kaneohe Klipper has discounted prices for E-5 and below. The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set.  
Two tee times on Saturdays



and Sundays are reserved for Single Marine and Sailor Program only. The deadline for the Saturday tee-off is Thursday at 5 p.m., and Sunday's deadline is Friday at 5 p.m.  
For more information, contact SM&SP coordinator Leslie Graham at 254-7593.

**Rocker Room Brings Pigskins**  
Cheer on your favorite football team every Monday night at the Staff NCO Rocker Room's Monday Night Football pigskin and pupu party.  
Doors open at 4:30 p.m. Plenty of free prizes and pupus will keep you and your gang coming back for more.  
Each week the Rocker Room

will feature a guest bartender. Also, a King and a Queen of the Quarter will be crowned. Every King and Queen becomes eligible to win the regal recliner during Super Bowl Sunday.  
Also, don't forget that you can ease back at the E-Club every Monday night during its weekly "Sports Night."  
For more details, call the Enlisted Club at 254-5592.

**Flag Football Debuts at Camp Smith**  
All persons attached to Camp H. M. Smith may now look forward to the upcoming flag football season. Sports Coordinator Angela Pittman is currently reserving spots.  
For more, call 477-0498.

**Fast Pitch Seeks Players**  
Varsity Sports Coordinator Joe Au is seeking command interest in fielding an intramural baseball team for January 2003. This will be a fast-pitch baseball league.

Interested military members should contact their sports representative, and the reps should e-mail Joe at Joe.Au@usmcmccs.org

**K-Bay Lanes Throws Strikes**  
Bowling is back, and back "with attitude!"  
Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes.  
Bowling leagues for youth, women's, intramural and a Wednesday night mixed four-somes are starting. All bowling levels are welcome to participate.  
Check out Semper Extreme Bowling Fridays 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m.- 1 a.m.; and Sundays, 6 - 9 p.m.  
The K-Bay Lanes also features bumper bowling for keiki, a hearty snack shop, a pro shop and arcade.  
For more information, call K-Bay Lanes at 254-7693.



Sgt. Alexis R. Mulero

## Base All Stars —

**NAME:** Lance Cpl. Christopher Heck

**BILLET:** Aviation Supply Clerk

**UNIT:** MAG 24

**SPORT:** Weight Lifting

- **The native of Cincinnati, Ohio, began building his body 1 1/2 years ago.**
- **He went from weighing 119 pounds to 187 pounds.**
- **He can bench press 360 pounds.**

*“Weightlifting has changed my life. It has given me the self esteem and motivation to accomplish my goals in life.”*

## Golf scramble set for E-6 and above, Oct. 30

**Edward Hanlon V**  
MCCS Marketing

All staff noncommissioned officers, their family members and equivalents are welcome to show off their swings at the Staff NCO Top 4 Golf Tournament at the famous Klipper Golf Course, Oct. 30.  
The format for the fun is a 4-Man best-ball scramble. All teams are to be composed of A, B, C and D players, with handicaps from 0-8, 9-17, 18-26 & 27+ respectively.  
The fee for the tournament is \$38 for Staff NCO Club members and \$45, for all others. The price includes golf fees, carts and heavy pupus.  
Prizes for first, second and third place teams will be awarded, as well as prizes for the "longest drive" and "closest-to-the-pin" on certain holes.  
There is even a "hole-in-one" prize from Sport's Fantasy Tours, if luck is on your side.  
The tournament begins at 12:30 p.m. Entrants may contact Chief Petty Officer William Thompson at 282-9914 for more information.  
All entry forms must be delivered to Thompson at the Marine Corps Air Facility Air Traffic Control Tower.  
Participants who do not have an established handicap may give an estimate (no sandbagging!), and if they're not already members of the Staff NCO Club, they may join by calling 254-5592.

# COMMUNITY SPORTS

**Hunter Classes Offered, Today**  
Hawaii's Department of Land & Natural Resources hosts its next series of Hunter Education Classes today (from 5:45 -10:15 p.m.) and Saturday (from 7:45 a.m. - 4 p.m.) at 1130 N. Nimitz Highway, Suite A-212A on the second floor.  
Learn about archery safety, wildlife identification, conservation and more.  
This free class is open to anyone 10 years old and above who enjoys outdoors, and attendance is required both days for certification.  
Pre-register by calling 587-0200.

**Box Cars Open Gates, Saturday**  
American Box Car Racing International, a nonprofit organization located on Acacia Road (behind Sam's Club) in Pearl City, will host a free open house, Saturday from 1 - 8 p.m.  
Everyone from 1 to 100 years old is invited to attend and learn driving skills on the open tracks. Staff will instruct parents who can both drive and teach their kids to drive.  
Participants should bring their own food and soft drinks. No cooking or al-

cohol will be allowed. Also, safety guidelines require adults to supervise their children, and all to wear tennis shoes and long pants that cover the ankles.  
The mission of the ABCRI is to help keep kids out of trouble by offering healthy, affordable and fun family activities such as weekend youth programs, evening leagues field trips and much more.  
Visit the ABCRI Web site at www.BoxCarRacing.org, or call 947-3393 for more information.

**Trekkers Invited to Hike, Saturday**  
Visiting hikers are welcome to join the Hawaii Trail and Mountain Club, Saturday beginning at 8 a.m. when it scrambles up steep slopes, then skirts along a narrow ledge, to breathtaking views of Kaneohe Bay.  
The Kawa'ewa'e climb will begin at Friendship Gardens in residential Kaneohe. Hikers will start with an easy hillside stroll.  
If you're interested in participating, contact coordinator Thea Ferentinos at

589-2433, for more information.

**Hale Koa Offers Tennis Tournament**  
The Hale Koa Hotel is offering a tennis doubles classic Nov. 15 - 17. There will be a men's and women's division, as well as mixed doubles.  
The cost is \$30 per team, and the entry deadline is Nov. 8.  
Make checks payable to the Hale Koa Hotel and mail them to the following address:  
D. Conroy, Hale Koa Hotel Tennis  
2055 Kalia Road  
Honolulu, HI 96815

Entry forms are available at the POiNT Health Club.

**Bellows Hosts Outdoor Recreation**  
Just because summer is over, does not mean you have to be a couch potato. Bellows Air Force Station offers plenty of outdoor recreation.  
Learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the

use of a bodyboard.  
Learn ocean kayak skills, including deep water recovery, navigation, water safety, and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost of the class is \$14 for adults, and the price includes kayak rental for time of instruction.  
Pay for classes and pick up your life jacket at Equipment Check Out. For more information, call 259-8080.

**Bishop Museum Explores Golf Science**  
How about miniature golf with genetics trailblazer Gregor Mendel?  
Using 24 fun, inventive and interactive exhibits, Bishop Museum invites you to experience exciting new discoveries in genetics research, such as at the "Mendel's Mini Golf" exhibit.  
Bishop Museum is located at 1525 Bernice Street, and it's open daily from 9 a.m. to 5 p.m. Admission is \$14.95 for adults and \$11.95 for youth 4 - 12 years old.  
Special rates apply for military, and children under 6 get in free.  
Call 847-3511 for more information.

## Tackle Football Schedule and Standings (Records as of Oct. 8)

<b>Saturday</b> HQ, 3rd Marines (3-1) vs CSSG-3 (2-1) at Pop Warner Field 6 p.m.	<b>Monday</b> HQBN (3-2) vs 1/3 (3-2) at Pop Warner Field 6 p.m.	<b>Wednesday</b> CSSG-3 vs MAG-24 (1-1) at Pop Warner Field 6 p.m.	<b>Oct. 19</b> Camp Smith (0-2) vs HQ, 3rd Marines at Bordelon Field 6 p.m.	<b>Oct. 23</b> 1st Radio Bn. (0-3) vs MAG-24 at Pop Warner Field 6 p.m.	<b>Oct. 24</b> 1/3 vs Camp Smith at Pop Warner Field 6 p.m.
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# Toys for Tots invites golfers to ‘tee it up,’ Oct. 25 at K-Bay

**Staff Sgt. Ruben Villarreal**  
*4th Force Reconnaissance Co.*

October 25, catch this two-person scramble with a blind draw. The tournament boasts the best prizes for a scramble — all in the name of charity. Total proceeds will go toward purchasing new toys for children here in Hawaii, for the 2002 Marine Corps Reserve Toys for Tots program.

There will be a 12:30 p.m. shotgun start at the Klipper Golf Course, Kaneohe Bay. Award categories in-

clude closest to the pin and the longest drive competition for men and women, with an awards dinner at the end of the tournament.

Cost is \$30 for E-5 and below, \$40 for E-6 to O-3, \$70 for civilians, and retiring rank for retirees.

Call 257-2531, ext. 233, for more.





MCBH Motorcycle Club

Orientation

Motorcyclist, Command reps & community invited

Today @ 1230 Bldg 279 Base Safety



Military posers line up for the judges during the Armed Forces Invitational.

## BODYBUILDING, From C-1

their athletic and toned physiques to an astonished crowd.

Following the special guests were the men’s and women’s heavyweight division weight class.

Bodybuilding competition rookie James Cleveland, an Army sergeant at Schofield Barracks, won the men’s, and Lorri Jaquez, an Army Tripler Medical Center spouse, outclassed her competition for the women.

In addition to evaluating the weight division winners, seven veteran judges had the grueling task of choosing who were the best posers, and who were the competition’s overall winners.

William Ogle, an Air Force technical

sergeant at Hickam AFB, was the best poser for the men’s. Ogle also placed third in the middleweight division.

Jaquez, the women’s heavyweight division winner, swept the women’s awards by taking home trophies for the best poser and overall winner.

Even though middleweight division winner Kilow didn’t receive the men’s best poser award, he did collect the men’s overall, and therefore captured two trophies to take back to Korea with him.

In addition to the competitors earning trophies, some guests also received prizes through a raffle.

Prizes included warm-up jackets and a round-trip airline ticket anywhere in the United States.

SPORTS AROUND THE CORPS

Air Force, Army dominate interservice golf

**Army Master Sgt. Steve Miller**  
*American Forces Press Service*

**FORT BLISS, Texas** — The Air Force won the team title by 28 strokes, and the Army won two of the three individual categories during the U.S. Armed Forces Golf Championships that ended Sept. 28 here.

Army player Christopher Douglas, Fort Bragg, N.C., shot a 3-under-par 69, Sept. 28, to become the overall winner and take home the title in the open division.

The Air Force team compiled a four-round total of 2,365, while the Army carded 2,393.

The Navy and Marine Corps were a distant third and fourth, respectively, with totals of 2,488 and 2,587.

Many of the players were to remain at Fort Bliss to play in the international military sport, or CISM, golf tourney this week.

One bright spot for the sea services came from Marine Corps team member Rhys Evans, who nailed a hole-in-one Saturday on the par-3 seventh hole. Evans, based in Hawaii, said it was the fourth hole-in-one of his golf career.

“It was a 2-iron into the wind. It’s the same type of shot I play in the wind in Hawaii,” Evans said. “I hit it exactly like I wanted.

“It bounded toward the flag, I heard it hit the stick, and I saw it disappear into

the cup.”

Douglas finished 8 under with a four-round total of 280, edging Air Force 2nd Ben Leestma by two strokes.

“The main goal is to keep the ball in play and give yourself a chance to make putts,” Douglas said. “It got away from me a little on the third hole because I put it in the water.

“But I got out of that par-3 with a bogey-4, and I was able to do better the rest of the way.”

Consistent play over the final three rounds carried the Air Force to its team title and brought the women’s division crown to Linda Jeffery, Brooks Air Force Base, Texas.

Her four-round total of 300 was four strokes better than teammate Gail Kramer from Los Angeles Air Force Base.

“I just tried to go out and play a good round and be consistent,” Jeffery said of a final round she started with six-stroke lead. “I feel pretty good.

“It [the CISM tourney] will be my fourth tournament in a row. I had a command tournament, then the Air Force trials and this one.”

Mark Johnson, Fort Sam Houston, Texas, garnered the Army’s other individual title in winning the senior division by a whopping 13 strokes.

His 4-under-par 284 easily beat Air Force player Sam Paugh, who finished with a 297.

“My victory didn’t mean anything. I

wanted to win the team title,” Johnson said afterward. “But the Army has six people on the U.S. team for the CISM tourney. That’s nearly half the team.”

Indeed, six soldiers and five airmen are on the 14-member U.S. team.

The Navy has two golfers in the CISM tourney and the Marine Corps one.

The Air Force would have also qualified Mark Gardiner and Jeff Scohy in the open division for the CISM tourney, but they had to return to their bases to fulfill duty commitments.

The same was true of Army golfer Emily Blevens of Fort Jackson, S.C., in the women’s division.

Replacing the blue-suiters on the U.S. team are the Army’s Damon Ragsdale of Fort Hood, Texas, and the Marine Corps’ Laurence Gausepohl, while the Navy’s Heather Lee replaces Blevens.

Army members on the U.S. team include Douglas; Johnson; Ragsdale; Chad Saladin of Schofield Barracks; Mike Armstrong of the Army Test and Evaluation Command in Alexandria, Va.; and Stephanie Mann of Rhine Ordnance Barracks in Kaiserslautern, Germany.

Air Force golf team members include Jeffery; Kramer; Leestma; Paugh and Maj. Mike Freels of McChord Air Force Base, Wash.

Rounding out the U.S. team are Lee, Gausepohl and the Navy’s Jim Day of Naval Station Mayport, Fla., the sixth and final qualifier in the open division.

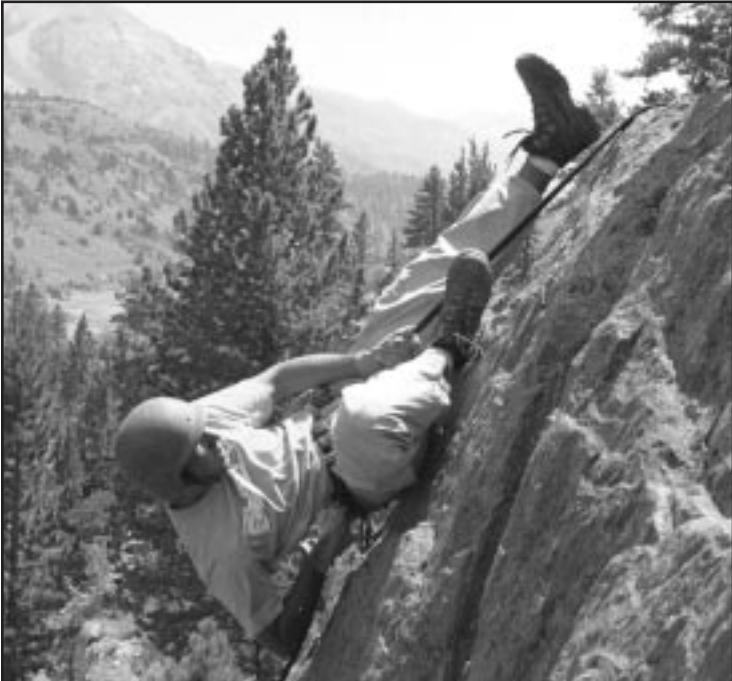


Sgt. Alexis R. Mulero

**Rhys Evans, public affairs chief, MCB Hawaii, scored a hole-in-one during the Armed Forces Championships Sept. 28.**

Rock climbing tests mettle of Sacramento poolees

**Some of the 273 poolees had a harder time than others their first time rappelling when RS Sacramento made the long trip to the Marine Corps Mountain Warfare Training Center in Bridgeport, Calif., to test their mettle and give them a taste of what’s to come in the Marine Corps. Recruiting Sub Station Redding poolee Aaron Klose ended up recovering from a slight stumble going over the top of this cliff. The training center prepares Marines for rigorous deployments at high altitudes.**



Staff Sgt. Christopher W. Cox

**Staff Sgt. Christopher W. Cox**  
*12th Marine Corps District*

**MOUNTAIN WARFARE TRAINING CENTER BRIDGEPORT, Calif.** — Recruiting Station Sacramento headed for the mountains with 273 of their future Marines for a taste of rock climbing at the Marine Corps Mountain Warfare Training Center in Bridgeport, Calif., recently.

The purpose of the event was to give their poolees a taste of what kind of training the Marine Corps conducts with its units prior to their deployment overseas,

according to Maj. Roger B. Turner jr., RS Sacramento’s commanding officer.

The Mountain Warfare Training Center is a unique facility used to prepare units for deployment where they may have to perform at high altitudes and in mountainous terrain. Disciplines like rappelling, climbing rock faces, and traversing rivers and gorges by means of a single rope, are taught during the course of a four-week training package.

For the poolees, their education was jam-packed into only a few days.

“What they learned to-

day is basically how to rappel,” said Gunnery Sgt. William Grigsby, training team leader, during a break in the first training day. “We taught them how to take care of rope, how not to damage rope, what to look for on damaged ropes. Then we went and taught them knots to incorporate the ‘Swiss Seat,’ which is what they’re going to rappel with, then we taught them how to rappel.”

The mountainous excursion proved a physically demanding event, but also a learning experience about how to lead and be a part of a unit for the poolees.



# Some relief for back pain sufferers is available



Sgt. Alexis R. Mulero

People like Gillian Taylor of the MCB Hawaii Public Affairs Office experience back pain doing daily tasks. Causes of chronic pain should be researched with a doctor.

## Options exist to help stop those migraine headaches

**NAPS**  
*Featurettes*

Twenty-eight million Americans are affected by migraine. Whether on vacation, at home or in the office, it can stop people from enjoying their daily lives.

A migraine headache is a common and debilitating condition that can significantly affect the way you perform at work. Sufferers are bedridden more than three million days a year, resulting in a loss of productivity of up



to \$13 billion.

People who suffer from migraine may be unproductive or absent from work for several days. They are also likely to experience “presenteeism,” meaning that they are physically at work, but unable to function.

If you suffer from these conditions, you don’t have to suffer in silence.

There are ways to successfully manage the pain whether at work, home or traveling.

New advances in migraine treatments offer many options to provide effective relief. Talk to your primary care manager to find out what you can do to stop migraine before it stops you.

For more information about how to treat migraine, contact the American Council of Headache Education, at 1-800-255-ACHE or visit [www.achenet.org](http://www.achenet.org).



**NAPS**  
*Featurettes*

A combination of high-calorie diets, inactive lifestyles and increasing hours in front of the desk or computer have caused more and more Americans to gain weight, putting them at risk for chronic health problems such as back pain and arthritis.

In fact, back pain is the most common health complaint next to the common cold. It can result from poor posture, injury, or even arthritis.

Arthritis is a common cause of back pain, particularly osteoarthritis in people 45 years or older. The Arthritis Foundation would like you to know you do not have to suffer with back pain. There are many things you can do to take control of the pain and keep it from returning.

A new book *All You Need to Know About Back Pain: Beat Pain, Increase Your Mobility, Know Your Options* from the Arthritis Foundation, offers timely, de-

tailed information about the importance of a healthy lifestyle for everyone, especially people with back problems. The book offers diagrams and detailed instructions to show back pain sufferers:

- What causes back pain and why it can keep coming back.
- How you can tell if back pain is acute or chronic.
- What innovative, new treatments can fight pain better than before.
- How you can determine if surgery is the right option for you.

Back pain should not be considered a normal part of aging; it is a chronic condition that calls for similar lifestyle changes as diseases like arthritis and diabetes do.

The earlier arthritis is diagnosed, the more steps can be taken to reduce disability later in life.

To receive a free brochure about the basic mechanics, diagnosis, treatment options and pain relief for back pain, contact the Arthritis Foundation at 1-800-283-7800 or [www.arthritis.org](http://www.arthritis.org).

## Bottled water sources vary

**Arthur von Wiesenberger**  
*NAPS Featurettes*

Americans are drinking bottled water in record numbers: a whopping five billion gallons in 2001, according to the International Bottled Water Association.

It pays to be sure you’re getting what you think you’re buying. How? Read the label.

The U.S. Food and Drug Administration

classifies bottled water according to its origin. For example:

- Artesian well water is bottled water from a well that taps a confined aquifer in which the water level stands at some height above the top of the aquifer.
- Mineral water is water from an underground source that contains at least 250 parts per million total dissolved solids.
- Natural spring water is water that is derived from an underground formation from which water flows naturally to the earth’s surface.
- Purified drinking water is water, typically from a municipal supply, that has been produced by distillation, deionization, reverse osmosis or other suitable processes.



NAPS

Consumers should read the label, before they grab what they think is bottled water.

Finally, a word about taste. People don’t usually attribute a taste to water, but like grapes grown in different regions, water from one area does taste different from water from another.

Most natural spring water is bottled close to the region in which it is sold; it may say so right on the label.

The unique taste profile of natural spring water is dependent upon the geology of the earth through which it travels. This is what makes natural spring water very different from purified water. A person’s palate may become accustomed to the unique regional properties and taste of his or her favorite brands of spring water and distinguish the difference.